

Useful Hints

Woman and Home

Ethical Talks

Seeing the Wrong Side

Peculiar Habit Is Cause of Much Unhappiness
By S. G. T.

What a lot of pleasure some people appear to derive from looking at the "wrong side of things." They are certain that nothing can be absolutely good in itself. If there is no evil in it that meets the eye, it is only because it is hidden. Don't you imagine you are going to be happy and enjoy yourself. If you do so for a short time, be sure it is only so that you may be the more miserable afterwards. It is extraordinary how ingenious these folk are in discovering something "rotten to the core." They won't rest till they have made that delightful discovery.

A celebrated lawyer had an acquaintance who was a man of that kind. Suddenly he came into a fortune left him by an uncle, of whom he had heardly heard. At first he would not believe the news. Then he was certain the will must be bad. But everything seemed to conspire to make him happy against his wish. The best was said. "The good gold, about which there could be no delusion whatever, awaited him in the bank. It really seemed as if, by no hook or crook, could he escape coming to the conclusion he was a remarkably fortunate individual. But he managed it at last. He was forty-two. Now, if that old gentleman had thoughtfully died twenty years before, how much more he might have done with the money."

Everything being "wrong,"

"I should have been a judge by now," he said. "As it is, here I am. It's too late to begin now. 'Things never happen as they ought.'"

The captain of one of the Atlantic liners used to laugh heartily—and he could laugh, too—over an experience with a passenger he once carried over "the ferry." The man somehow managed to slip overboard and was only rescued through the heroism of one of the crew, who plunged in after him. Safe and sound once more, the other folk on board expected him to be full of joy at his narrow escape.

But no word broke from his lips to lead them to judge that he would not have been as happy at the bottom of the ocean. He retired to his bunk, and, drawing the blankets over his head, proceeded to groan in a perfectly distracting manner. At last a passenger suggested a solution. The wretched man must have something on his conscience, and be tortured by the reflection of what an awful thing it would have been if he had been drowned before putting things right.

See Unhappy Side.

So a clergyman on board proceeded to tackle him. He pointed out how rejoiced he ought to be at being saved from a watery grave. But the man only groaned more and more. Then the clergyman hinted that if he had anything on his mind he ought to speak. "And what do you think the chap was groaning about?" roared the captain. "Why, when they fished him into the boat with a houthook he was a bit upside down for a moment or two, and he lost his top set of false teeth. That was all."

People of that kind will see only the unhappy side of things.

Of course, they are keen on "the wrong side of people." A young friend of mine said that she had married a most delightful young lady—in every respect worthy of him. He was rich, however, and you could not say that by any means of the lady.

Marriage Gives Opportunity.

"My dear," I overheard one lady exclaim to another, "I don't believe the girls got a thing in the world save the boots and the clothes she stands up in."

It never occurred to them that there may be a good many girls a young fellow might be extremely lucky to win, even with such a modest fortune as that. They agreed that the match—they knew nothing of the young woman—was bound to prove disastrous, as nothing but the saddest infatuation could possibly have induced him to make such an idiot of himself.

When another young friend of mine—poor this time—married an extremely charming, but rich, girl, these same ladies decided that he married for her money.

Marriage affords these people a magnificent opportunity for seeing "the wrong side of things." There is no marrying to please them. If a poor

Russian Redingote
Popular Afternoon Costume



The most popular style afternoon costume is the Russian redingote, full-trimmed, with either a large band or two small bands bordering the bottom of the skirt, with the same trimming on the cuffs. In many instances the redingote is belted, either with cloth or fur. There are large high collars reaching up to the ears and covering the chin. Here we have a variation of the redingote. It is built on dressier lines; not quite so severe. Of a rich golden brown shade in duvetyne, it is trimmed with seal. The quaint little finger muff is also of seal.

man marries a poor girl, the marriage is reckless; if he marries a rich girl, he is a mercenary wretch. If a rich man marries a poor girl, he throws himself away; if he marries a rich girl, they wonder at how some people pretend to love while they are only concerned about "keeping money in the family."

Beauty Slapping
By Antoinette Donnelly

Slapping a good color into your face isn't a new idea by any manner of means. Nevertheless a great deal of benefit is derived from this little beauty trick.

A skin specialist of my acquaintance says the best way to keep the neck young is by the slapping process. It sets the nerves tingling and the muscles active and the circulation lively. Especially for double chin does this skin specialist recommend the slapping treatment.

If women would give their necks and chins this slapping treatment every night before going to bed, say, for a couple of minutes, using cold water or alcohol (preferably alcohol) as a stimulant, they would successfully ward off that telltale age sign, double chin.

For the lines under the eyes a gentle tapping with a good skin food is excellent.

Try this toilet for the face for a while and see what a wonder worker it is in getting your complexion and the skin of your face in peach-and-cream condition.

At night slap the face briskly until the nerves tingle and the circulation is brought to the surface. Then wash with warm water and almond meal or some good soap. Slap briskly again, then dry or a soft towel. Then rub lightly with a dry camel's hair complexion brush, rubbing with the wrinkles, not across them.

This brush may be used when wet in place of a washcloth. Where the wrinkles are perpendicular between the eyebrows or from nose to mouth rub lightly upward. Where they go across the forehead, with the wrinkle to the temple and under the eyes, follow with the brush lightly toward the outer corner of the eye. The effect of this is in the stimulation of the nerves of the skin and there should be no pressure. Lastly, wet the washcloth in cold

water and hold it upon the face, pressing dry with a soft towel. The use of pure witch hazel on the face each night will keep the skin soft and fresh.

Antoinette Donnelly's Answers.

Faithful Reader—It is wrong to pinch your cheeks, in that it makes the flesh flabby and wrinkled. Isn't that harmful enough? Keep yourself in good health and you will not find it necessary to pinch your cheeks to make them rosy. Five feet five inches is not too tall for any girl. It is the nature of some girls to be taller than others. However, 119 pounds is much too little for a girl of that height. She should at sixteen weigh 125 pounds. Your writing is fairly good for a girl of your age, but it can stand improvement.

Miss S. M.—Rosewater and glycerin will not cause a growth of hair on the face. I shall be glad to send you my instructions for removing superfluous hair if you will send me a stamped, addressed envelope.

Reba—To remove crow's feet or laughing wrinkles place the ends of the second and third fingers firmly on the temples, then knead deeply upward toward the forehead. Before you begin the massage cleanse your face with a good cleansing cream or with a complexion brush, a pure bland soap, and hot water. I shall be glad to send you my formula for cold cream if you will send me a stamped, addressed envelope.

N. Y. Z.—There is no way you can reduce the size of your face. If you work at your face to reduce it you are liable to make the flesh soft and flabby and wrinkles will form. You ought to be thankful indeed that you are in good health and have a round, plump face glowing with health and vigor. The white spots on your nails are caused from lack of care in manicuring. Be careful not to raise the cuticle. The air gets under, takes away the nutriment, and causes the white spots. I shall be glad to send you my instructions for care of the nails if you will send me a stamped, addressed envelope.

Miss Mabel S.—I can give you a good dietary containing flesh. Here is the one I recommend: Soup—Bean, rice, barley, chicken, asparagus, mutton, clam, or chicken broth. Meats—Fat bacon, ham, roast beef or mutton, lamb chops, corned beef, sausage, quab, and all vegetables, game, and hamburger steak. Vegetables—Potatoes, tomatoes, beans, spinach, onions, beets, asparagus, lettuce with oil dressing (plenty of butter), cauliflower, eggplant, and corn. Fruit—Apples, pears, grapes, oranges, lemons, limes, peaches, plums, cherries, and berries. Sago, milk, tapioca, custards, all cooked fruits with fresh cream, ice cream, and apple pudding. Drinks—Milk, chocolate, cocoa, and water (colice oil after each meal).

Exophthalmic Goiter
By William Brady, M. D.

Exophthalmic goiter (exophthalmos means prominent or staring eyeballs) is peculiar in this respect: The general disturbance of health is usually much more manifest than the local enlargement of the thyroid gland. Indeed the gland is appreciably enlarged at all. Many cases of exophthalmic goiter are not diagnosed properly because the goiter itself escapes observation. The nervous and circulatory symptoms overshadowing the thyroid gland disturbance.

As we have already explained in a previous article, the characteristic symptoms of exophthalmic goiter are: protruding or prominent or staring, frightened-looking eyes, widely opened eyelids which uncover the entire iris or colored part of the eye; second, a fine tremor of the fingers and hands; third, a very rapid pulse, with frequent or more or less continuous palpitation or excitability of the heart; fourth, great nervousness and restlessness. In short, the victim of exophthalmic goiter suffers severely from general symptoms and a little or none from the enlargement of the thyroid gland. All of these symptoms are due to the excessive secretion of thyroid substance by the diseased gland.

In the treatment of a case of exophthalmic goiter, the one indispensable agent is rest. In severe cases this means absolute rest in bed, a sort of S. Weir Mitchell rest cure. It also means avoidance of every kind of mental worry or annoyance, pleasant surroundings, gentle care, and kindly management. Not that patients cannot or do not recover in time without such care. But that the overactivity of the thyroid gland is best controlled by such means. The course of exophthalmic goiter is a matter of months or years, under the best of treatment.

Its onset is gradual, as a rule; and so it gradually disappears. When rest and suitable medical treatment fail to control the disease after a reasonable trial, or when the case is severe from the start, then the question of surgical removal of a portion of the thyroid gland arises. As this is a major operation requiring great skill and judgment, we would emphasize the importance of relying upon the advice of the physician who has observed and studied the individual case, in conjunction with the advice of the surgeon whom he suggests. One of the most unfortunate errors patients are running off to a so-called "goiter specialist" and accepting his advice without the wise counsel of the family doctor. As already explained, the general condition, and not the condition of the thyroid gland, must be the guide in determining what is the best line of treatment.

Questions and Answers.
Chilblains—Have you any suggestions to offer a sufferer from chilblains?
Answer—We have. Send along your stamped, addressed envelope for a monograph. It also tells what to do for frostbite.

Meal Poultice Best—We have been advised by a neighbor to keep a jar of antiplogistine in the house to apply for burns, colds, sore throat and the like. Do you approve of the remedy?
Answer—We can see no virtues in it. We believe in the old-fashioned flaxseed meal poultice, when a poultice is needed.

MRS. GALT COMPLAINT

President's Financier Receives Insulting Letters From Inventor, Giving Name as Samuel White.

NEW YORK, November 29.—A man describing himself as Samuel White, twenty-seven, an inventor, was arrested here today by police and Secret Service agents charged with having written insulting letters to Mrs. Edith B. Galt, President Wilson's fiancée, and her mother, Mrs. Bolling. White was arraigned later and sent to Bellevue Hospital for observation.

White, according to the police, admitted having written to Mrs. Galt and Mrs. Bolling concerning a patent egg-carrier to be used in the mails and two new musical instruments. The prisoner said, the police added, that he wrote the first letter for a Samuel Osborne, of Chicago, who had invented one of the musical instruments.

White told the police that he met Mrs. Galt and her mother at the Grand Central Palace here in 1913. The complaint in the affidavit against White was given as Mrs. Galt, but a detective in the charge when White appeared in court.

DR. BLACKWOOD TO SPEAK

Will Deliver Series of Ten Lectures at Grace Covenant Presbyterian Church.

Rev. Andrew W. Blackwood, D. D., formerly of Pittsburgh, Pa., and now pastor of the First Presbyterian Church of Columbia, S. C., will begin a series of ten addresses at Grace Covenant Presbyterian Church to-night at 8 o'clock. His subject will be "The Growth of a Family Tree."

Dr. Blackwood has a fresh and vivid style of speaking, and he never veers upon the sensational. He will deliver ten lectures while here, and large crowds are expected to hear him.

Dr. Blackwood will be the guest in Richmond of Rev. J. Calvin Stewart, D. D., pastor of Grace Covenant Church.

METHODISTS BACK WILSON

Upper South Carolina Conference Votes Down Resolution of Protest Against Policy of Preparedness.
SPARTANBURG, S. C., November 29.—The upper South Carolina Conference of the Methodist Episcopal Church, South, in its closing session here today voted down by an overwhelming majority a resolution of protest against the policy of preparedness recently announced by President Wilson. The advocates of the resolution pointed to the views of former Secretary of State Bryan as indicating the proper course the action should follow. Opponents of the resolution held that President Wilson should be supported.

DEMONSTRATE PROGRESS
OF ELECTRICAL SCIENCE

Prosperity Week Opens in Richmond With Elaborate Displays of Electrical Goods.

PRIZES OFFERED FOR ESSAYS

School Children Are to Compete for Honors Given for Best Articles on Modern Use of Electricity in Home Life.

"Electric Prosperity Week" began in Richmond last night, simultaneously with the beginning of a like celebration in every city and town of importance in the United States. The fact that more than 70 per cent of the 20,659,000 families in the United States are using electricity in some form every day has induced the promoters of the movement to show that the advancement of electrical science and the present wave of prosperity are coincident and of joint significance.

The Merchants and Manufacturers' Exhibit in the Chamber of Commerce Building has been filled with a number of exhibits by the various electrical manufacturing concerns in the country, and they are of the greatest interest. Every manner of device for the saving of work is shown here. The exhibits include everything from the latest inventions in the operation of electrical tramways to a simple looking device to improve the manipulation of a sewing machine. The science of electricity has advanced to such a stage that practically all the electrical appliances now in use are simplified and cheapened by the use of an electric current.

LATEST LABOR-SAVING DEVICES ARE SHOWN

The latest labor-saving devices invented are on show in all the windows of firms dealing in electric appliances, and large crowds were on the streets last night looking upon these most recent contrivances. The movement is being carried out by the Society for Electrical Development, of New York, according to whose figures every person in the United States is spending about \$20 each year for electrical materials and service.

The society is expending much money to be given away in prizes in Richmond.

A hundred prizes will be given away altogether. Then awards will be made to school children for the best essays written regarding the modern use of electricity in the home. The subject for the essays will be "The Modern Use of Electricity." The prizes consist of electric silk shade portables, a sewing machine motor, a chaffing dish, electric iron, electric curling heaters, dry battery lanterns and other electric devices.

The prime feature of the week will be the parade of the electric and all other trades of Thursday night.

WILLIAM E. BEMIS DEAD

NEW YORK, November 29.—William E. Bemis, second vice-president of the Standard Oil Company of New York, who had been identified with Standard Oil interests for thirty-three years, died suddenly at his summer home near Port Jervis, N. Y., to-day. Mr. Bemis contracted pneumonia while duck shooting last Friday, but his condition did not appear critical until to-day.

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"America First"
Is Wilson Slogan

In Message to Congress Will Condemn Any Division in Ranks of Citizens.

WASHINGTON, November 29.—President Wilson's address to Congress next week will not only treat on greater appropriations for national defense, but will call to the attention of Congress the explosions and fires in American industrial plants.

The President intends to recommend that the Sherman law be amended to include severe penalties for such restraints of trade. Any division in the ranks of American citizens whose sympathies with the warring belligerents may have led to excesses will be emphatically condemned as un-American. In several recent speeches the President has spoken for "America First," and called upon Americans to stand united. That he considered the situation of sufficient importance to bring to the attention of Congress, however, had not generally been realized. The President is expected to refer to the subject in his address in connection with a general statement that the United States can really be prepared only if its citizens stand together and repel outside influence.

The President resumed work on the message immediately upon his return here from New York early to-day.

SOLDIERS FORCIBLY TAKE
CHARGE OF PEACE MEETING

Unceremoniously Throw Speakers From Platform and Turn Gathering Into One for Recruiting.

LONDON, November 29.—Canadian and Australian soldiers, with a sprinkling of territorial troops, this evening took charge of Memorial Hall, where the "Union of Democratic Control," an organization which is opposed to conscription and favors peace, was advertised to hold a meeting, and unceremoniously threw the speakers from the platform and turned the gathering into a recruiting meeting. The soldiers succeeded in gaining admission with

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are made to improve stews, soups and salads, but try these appetizing little crackers alone if you would know how good an oyster cracker can be. You'll like them either way.



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The plan is quite similar to the Christmas Savings Club now in force with many banks.

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tickets, and forming themselves at the top of the steps leading to the hall and galleries, forcibly took possession of the building.

Bombs containing "asphyxiating gases" were launched, and then the soldiers took the platform by storm. Several of the speakers, including E. D. Morel, the leader of the union, sought refuge in an anteroom, as did the women who were distributing leaflets. The promoters of the meeting were thrown from the platform with the furniture to which they clung.

The soldiers took the place of the speakers and passed a resolution demanding that the activities of the union should be stopped, and declaring that the only terms of peace acceptable to the allies were those which should be dictated after the complete defeat of Germany.

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